



You think you know what will make you healthier,  
but are you sure?

## **HealthierUS.gov**

Provides credible, accurate information to help  
you choose to live a healthier life.

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### **HealthierUS.gov**

The HealthierUS initiative is a national effort to improve people's lives, prevent and reduce the costs of disease, and promote community health and wellness. Deciding to live a healthier life is easy; it's the follow-through that's hard. You can make a good start by going to the HealthierUS.gov website to get the right information on how to improve your health habits.

#### **On HealthierUS.gov you will learn how to:**

- Be Physically Active each day – learn how to make physical activity a regular part of your day.
- Eat a Nutritious Diet – Healthy eating is not a fad – it's a lifestyle. Learn what the experts say you need for a healthy diet.
- Get Preventive Screenings – Find out how screenings can protect you and your family from illness. YOU can prevent!
- Avoid Risky Behaviors – Tobacco is the leading cause of preventable death in the United States. If you smoke, you can quit! If you don't smoke, don't start!

**Bad habits are not easily broken. Good ones are not easily won. But you can do it!**

The HealthierUS initiative is a national effort to prevent and reduce the costs of disease, improve people's lives and promote community health and wellness. Learn more about all of the parts of the President's HealthierUS initiative.

- [President Bush's HealthierUS initiative](#): Speeches, news releases and more to keep you up-to-date on the initiative.
- [Steps to a HealthierUS](#): Steps to a HealthierUS funds innovative community-based programs that seek to adopt proven measures to reduce the burden of obesity, diabetes, and asthma-related complications, with a particular focus on youth.
- [The President's Council on Physical Fitness and Sports](#): A committee of volunteer citizens who advise the president through the secretary of health and human services about physical activity, fitness, and sports in America.
- [Fitness.gov](#): The health, physical activity, fitness and sports information website of the President's Council on Physical Fitness and sports.
- [The President's Challenge](#): The new President's Challenge allows individuals to track weekly fitness activities, and receive Presidential fitness awards for achieving defined fitness goals.



Improving the Health and Well-being of America

**[www.smallstep.gov](http://www.smallstep.gov)**

There are many ways that you can take small steps toward better health, and you can to it today! **This website provides over 100 tips on how to take small steps to a healthier lifestyle for you and your family.** Steps that are simple and **free!** Choose from any one of these small steps, or create your own. Get your friends and family involved in coming up with fun ways to take small steps each and every day. Remember, for adults, getting physically active at least five times a week, for thirty minutes or more, will help lead you toward a happier and healthier lifestyle. For kids, being active an hour a day is a small step towards good health! Eat a healthy diet, avoid harmful substances, and integrate small steps into your life – and soon you will see the positive effects taking place – one day at a time.

The truth is that even **[small changes](#)** in your life will add up to big results -- and you can build on small successes to see change. That is why we have developed the **Small Steps program**. We realize that you are pressed for time and that your lifestyle makes it difficult to be active and healthy. But that's not a reason to give up.

Instead, we encourage you to:

- Integrate better **[eating habits](#)** into your life.
- Integrate better **[activity habits](#)** into your life.
- Set realistic goals.
- Take small steps to meet them.

We offer the tools and information you need to live longer and become a healthier, happier you.

**Other Programs Offered:**

- Sign-up to receive a newsletter with healthy tips, recipes, and more!
- Use the Activity tracker to help you set and reach your goals!

**The Resources:**

This Website offers just a few of the many resources available through government Web sites - from the US Department of Health & Human Services (HHS), National Institutes of Health (NIH), Center for Disease Control & Prevention (CDC), the US Department of Agriculture, and the US Federal Trade Commission. This is just a small sample of the wealth of information that is available to you.

**Website:** [www.usda.gov](http://www.usda.gov)

**Tools offered:**

✓ **Food and Nutrition**

- What's in the Foods you eat – Search Tool
- Meat and Poultry Hotline - Call the USDA Meat & Poultry Hotline at:  
1-888-MPHotline  
1-888-674-6854
- Child Nutrition Programs - Congress recently created the Fresh Fruit and Vegetable Program, which provides fruit and vegetable snacks free to children in schools in selected States and Indian reservations.
- MyPyramid, Steps to a Healthier You

✓ **Education and Outreach**

- Plant Database
- Outreach Activities
- Soil Education
- Agricultural Thesaurus

✓ **Travel and Recreation**

- Know Before you Go - What U.S. residents should know before going abroad, and rules for bringing items back from your trip.
- Pet Travel - Rules and requirements for pet international travel, health certificate, vaccination, tips, facts, links to helpful websites.
- National Atlas of the United States - Geographic information about the nation, print pre-formatted maps about a variety of topics, state and county maps, customize for viewing or printing, order larger maps.
- Travel and Tourism Sites for the 50 states - The locations can provide ideas for vacations and meetings.

✓ **Agriculture**

- Avian Influenza, bird flu
- Pest Management
- Weather and Climate
- Nutrient Management



The Texas Diabetes Institute (TDI) was established in 1993 with support from University Health System, the University of Texas Health Science Center at San Antonio and the Texas Diabetes Council, a division of the Texas Department of State Health Services. Texas Diabetes Institute is a world-class complex addressing not just the disease but also the life and lifestyle of the patient, the family and the community.

**Website:** [www.texasdiabetesinstitute.com](http://www.texasdiabetesinstitute.com)

**Mission** - *The mission of the Texas Diabetes Institute is to prevent diabetes and its complications through health promotion, patient education, professional training, treatment and research.*

**Programs offered:**

- **Adult Patient Program:** We offer a supportive environment for exercise among friendly people who share common goals and concerns.
- **Youth In Motion:** Our Youth in Motion program gives children a head start on a healthy lifestyle. For current program fees and for more details about this program call 210-358-7355.
- **Tobacco Cessation:** This year long program offers behavioral counseling that encompasses a joint effort between the participant, medical provider and health educator.
- **Asthma Self-Management:** This intervention program focuses on correct Asthma medicine usage and proper utilization of action plans, trigger control plans and basic anatomy and physiology.
- **Advanced Directive Education:** This program is designed to inform patients of their options in communicating and documenting their wishes about medical treatment to their provider and family in the event they are unable to do so.
- **Professional Training Program:** The Diabetes Professional Training Program offers specialized education for physicians, nurses, dietitians, pharmacists, nurse practitioners, physician assistants, and other health care specialists.
- **Support Groups:** Texas Diabetes Institute offers a variety of support groups that offer you the chance to interact with other individuals with diabetes, listen to informative speakers about the topic of diabetes, and even meet new friends!
- **Salsa Caliente Program:** This program is designed to inform patients of their options in nutrition and exercise and ways to live a healthier lifestyle.

*University Center for Community Health/  
Texas Diabetes Institute  
701 S. Zarzamora  
San Antonio, TX 78207  
210-358-7000*

# The American Diabetes Association



*The mission of the Association is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.*

Website: [www.diabetes.org](http://www.diabetes.org)

The American Diabetes Association is the nation's leading 501(C)3 nonprofit health organization providing diabetes research, information and advocacy. Founded in 1940, the American Diabetes Association conducts programs in all 50 states and the District of Columbia, reaching hundreds of communities.

## Events offered:

- ✓ **It's time to Step Out: Walk to Fight Diabetes!:** Formerly America's Walk for Diabetes, is about changing the face of diabetes in our country—by raising funds to help find a cure and by walking a few miles to bring a greater awareness to this devastating disease. Participate on November 1, 2008 in San Antonio and experience the difference you can make!
- ✓ **Tour de Cure 2008:** The ride of your life starts at Pearson (formerly Harcourt Assessment) at 19500 Bulverde Road in San Antonio at 6:30 a.m. on Saturday, May 17. The challenge is your choice! You can ride a 14 mile family fun ride which loops back to the start line or you can ride a 52 or 81 mile route to Texas State University. **For more information**, please call 210-829-1765.



## Tools offered:

- ✓ **Diabetes PHD** (Personal Health Decisions): is a powerful new risk assessment tool. It can be used to explore the effects of a wide variety of health care interventions, including losing weight, stopping smoking, and taking certain medications.
- ✓ **Diabetes Risk Test**
- ✓ **Make the Link!** stresses that diabetes management is more than control of blood glucose. People with diabetes must also manage blood pressure and cholesterol and talk to their health provider to learn about other ways to reduce their chance for heart attacks and stroke.
- ✓ **Winning at Work:** Is a program of the American Diabetes Association which provides the resources your employees need to live healthier lives --- whether they are working to prevent diabetes or to manage diabetes if they have already been diagnosed.

***Your ADA office is:***  
*American Diabetes Association*  
*8610 N. New Braunfels, Suite 400*  
*San Antonio, TX, 78217*  
*(210) 829-1765*

***1-888-DIABETES***



*Fighting Hunger ...  
Feeding Hope*

*San Antonio Food Bank mission statement: To fight hunger in Southwest Texas through food distribution, programs, education, and advocacy*

**Website:** [www.safoodbank.org](http://www.safoodbank.org)

**Programs Offered:**

- **Warehouse Distribution**  
The warehouse distribution program is our largest food assistance program with the exception of USDA commodities. This program includes all food and other grocery products that flow through the warehouse. Food drive, purchased food and product donations are accounted for in this program
- **Second Servings**  
The Second Servings Program provides food directly to on-site feeding facilities within the hour of pickup from donors. Unlike warehouse distribution the food is free to the on-site feeding facility.
- **Kids Cafe**  
A Kids Cafe confronts childhood hunger by serving as a direct feeding partnership between an area food bank and an after-school program. Kids Cafes are safe, nurturing places where neighborhood children can go after school and receive a hot supper as well as help with homework from caring volunteers or staff members.
- **Fresh Produce Program**  
The Fresh Produce Program (FPP) formerly known as the Volunteer Gleaning Program has operated as the produce recovery division of the San Antonio Food Bank since 1997.
- **Project HOPE**  
The Healthy Options Program for the Elderly, or HOPE, provides senior citizens living on a fixed income with supplemental staple groceries on a monthly basis.
- **Food Fairs**  
One of the many ways that we directly distribute is through Food Bank Food Fairs in which we provide a mass distribution of food and outreach materials to qualified families.

*San Antonio Food Bank  
5200 Old Highway 90 West  
San Antonio, TX 78227  
210-337-3663  
800-246-9121*



*Providing easy, online access to government information on food and human nutrition  
for consumers.*

*A service of the National Agricultural Library, USDA.*

Nutrition.gov provides easy access to the best food and nutrition information from across the federal government. It serves as a gateway to reliable information on nutrition, healthy eating, physical activity, and food safety for consumers.

What you can find at [www.nutrition.gov](http://www.nutrition.gov)

- **USDA National Nutrient Database Online Search** - Look up the nutrient value of thousands of foods in USDA's on-line searchable database. Results show values for 128 nutrients.
- **Dietary Guidelines for Americans 2005** - The Guidelines provide authoritative advice for people two years and older about how good dietary habits can promote health and reduce risk for major chronic diseases.
- **Food Assistance Programs**
- **Life Stages** – Learn about healthy nutrition and get reliable information for the whole family!
- **Weight Management** - Find information and resources related to physical activity and weight management.
- **Shopping, Cooking, and Meal Planning** - Need a healthy recipe? Start here to find nutritious recipes for you and your whole family!

Did you know that Nutrition.gov arose from USDA's commitment to promote a healthy America as outlined in Healthier US: The President's Health and Fitness Initiative? Nutrition.gov is supported through a USDA Interagency Agreement with Research, Education and Economics (REE) and Office of Research, Nutrition and Analysis (ORNA).

**Food and Nutrition Information Center:**

- **Health Meals Resource Center (HMRS)** – For child nutrition professionals.
- **Food Safety Information Center** – Information about foodborne illness prevention.
- **Food Stamp Nutrition Connection (FSNC)** – Resources for nutrition educators.
- **A Food Labeling Guide** – FDA's guidelines for food industry.
- **MyPyramid Menu Planner** – Plan menus to meet MyPyramid goals.
- **WIC Works Resource System (WWRs)** – For maternal and child nutrition providers.
- **Infant Nutrition and Feeding Resource List** – Collection of resources on infant nutrition and feeding, including books, pamphlets and audiovisuals published from 2000 on.



**Website:** [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

We all know that fruits and vegetables add important nutrition to our diets. But how much should we eat? And how can we make this nutrition stuff easier, tastier, and more enjoyable? The Fruit and Veggies more matters offers expert cooking advice, nutrition information, and shopping tips.

### **Why Fruit and Veggies?**

The benefits associated with eating more fruits and vegetables stack up quickly: reducing your risk of certain chronic diseases is only the beginning.

- **Variety** - Fruits and veggies add color, texture, and appeal to your plate.
- **Convenience** – nutritious in any form: fresh, frozen, canned, dried, and 100% juice, so they're ready when you are!
- **Fiber** – fruits and veggies provide fiber that helps you fill up and keep your digestive system happy.
- **Low in calories** – fruits and veggies are naturally low in calories
- **Vitamins and Minerals** – fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.
- **Quick, natural snack** – fruits and veggies are nature's treat and easy to grab for a snack.
- **Taste Great!**

### **Planning and Shopping**

The challenge: how to serve healthy snacks and meals, even on your busiest days. The solution: simply prepared fruits and vegetables. Here's all you need to know:

- **Meal Planning** – toss the stress aside for a tossed salad or healthy side.
- **Shopping for Fruits and Veggies** – learn to select the finest fruits and veggies—and save money, too!
- **Quick Guide to getting MORE** – a quick guide to help you think “fruits & veggies” whether you're at the store, in the car, or making a grocery list!
- **What's in Season?** – take a look at what is in season for the summer and fall.

On Fruits and Veggies More Matters, you have access to additional resources for information on nutrition, health and dietary guidelines. Also get **FREE** downloadable resources from the Centers of Disease Control and Prevention.

Get your kids involved in healthy eating and teach them the importance of eating a variety of fruits and veggies. Check out the New Kids' Website! [FoodChamps.org](http://FoodChamps.org)



Website: [www.fitcitysa.org](http://www.fitcitysa.org)

### What is Fit City?

Fit City was created by the Bexar County Health Collaborative in 1999 to address the increasing rate of obesity and declining health of San Antonio. Brought on as a Walk San Antonio sponsor in 2004, the YMCA of Greater San Antonio took over management and operation of Fit City in 2005.

The purpose of Fit City is to improve the health and wellness of San Antonio and the surrounding communities through five initiatives:

- **Walk San Antonio** - For the person wanting to track weight loss and fitness progress, Walk San Antonio currently offers 46 weigh in sites.
- **Healthy Vending** - Healthy vending is designed to offer healthy alternatives to typical snacks and beverages found in vending machines.
- **Fit Kids** - The program will incorporate both nutrition and physical activity to improve the health of those children most at risk for developing life-threatening and chronic diseases related to inactivity and obesity.
- **BMI (Body Mass Index)** - Through the BMI program, physicians will be given body mass index charts to hang in their examination rooms and the tools to educate their patients about this useful measurement tool.
- **Newsletter and Monthly Message** - To promote Fit City programs and successes, a newsletter is published and distributed quarterly to participants in each initiative, sponsors and key community leaders.

### Fit City Tips for Healthy Snacking:

- Remember the Golden Rule for feeding kids--Parents must decide what to eat and when, and kids decide how much to eat.
- Offer snacks at mid-morning and mid-afternoon. Don't let children nibble or fill up on sweetened beverages throughout the day.
- In the refrigerator and pantry, keep healthy foods at kid's eye level so that they see them first.
- With parents' guidance, let kids help pick out fruits, veggies and low-fat cheeses for snacking and encourage them to help prepare snacks.

*YMCA of Greater San Antonio  
FIT CITY  
903 N. St. Mary's  
San Antonio, TX 78215  
210-246-9613*

***CDC's Mission** is "to promote health and quality of life by preventing and controlling disease, injury, and disability."*

***CDC's Vision for the 21st Century** is "Healthy People in a Healthy World—Through Prevention"*

**Website:** [www.cdc.gov](http://www.cdc.gov)

**Health and Safety Topics offered:**

- Diseases and Conditions
- Healthy Living
- Injury, Violence & Safety
- Environmental Health
- Emergency Preparedness and Response



**Tools and Resources offered:**

- CDC Health E-cards
- Image Library
- BMI Calculator- Body Mass Index (BMI) is a number calculated from a person's weight and height.
- How Many Fruits and Vegetables do *You* Need?
- Fruit and Vegetable Recipe Search
- CDC Growth Charts
- Data & Statistics
  - Faststats A-Z: An alphabetical listing of statistics on topics of public health importance.
  - Health, United States: An annual report on trends in health statistics.
  - Vital Records: How to get birth, death, marriage, or divorce certificates.

*Centers for Disease Control and Prevention  
1600 Clifton Rd, Atlanta, GA 30333  
(404) 498-1515 / (800) 311-3435*



Having cancer is hard.  
Finding help shouldn't be.



Website: [www.cancer.org](http://www.cancer.org)

**About the American Cancer Society:**

The American Cancer Society (ACS) is a nationwide, community-based voluntary health organization. Headquartered in Atlanta, Georgia, the ACS has state divisions and more than 3,400 local offices.

**Resources offered:**

- **Cancer Reference Information:** Find information on specific types of cancer, including early detection, prevention, treatment, staging, clinical trials, new research advances, and medical references and resources.
  - **Support Programs & Services:** Meet other survivors, find or offer support on the Cancer Survivors Network.
  - **Guide to Quitting Smoking**
  - **Cancer Facts & Figures**
  - **Statistics**
  - **Relay for Life:** Relay For Life is a fun-filled overnight event designed to celebrate survivorship and raise money for research and programs of your American Cancer Society.
  - **Treatment Decision Tools**
  - **Stories of Hope**
  - **Access to Health Care**
  - **Worksite programs- Contact your Employee Wellness Program**
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- ✓ **Call 210-614-4211 to request a educational speaker for your department**
  - ✓ **Contact the San Antonio office for free or reduced medical supplies or equipment for cancer patients!**
  - ✓ **Participate in Relay for Life happening in San Antonio in May. Go to [www.relayforlife.org](http://www.relayforlife.org) for specific dates and locations.**
  - ✓ **Help in the fight against cancer. Donate and volunteer. It's easy and fun!**

*Get in touch with your local ACS office:*

*San Antonio Office  
8115 Datapoint Drive  
San Antonio, TX 78229  
210-614-4211  
Or call 1-800-ACS-2345*



*Learn and Live...*

*The American Heart Association is a national voluntary health agency whose mission is: "Building healthier lives, free of cardiovascular diseases and stroke."*

**Website:** [www.americanheart.org](http://www.americanheart.org)

**Resources offered:**

- ✓ **Heart attack, stroke, and cardiac arrest warning signs**
- ✓ **Diseases and conditions:** Get the facts and protect your heart from deadly conditions.
- ✓ **Children's Health:** Adults aren't the only ones at risk for heart disease, stroke and other cardiovascular diseases; increasingly, kids are at risk too.
- ✓ **Healthy Lifestyle:** Better lifestyle habits can help you reduce your risk for heart attack. Learn what you can do to help prevent heart disease and stroke.

**Programs offered:**

- ✓ **Start! Heart Walk:** The Start! Heart Walk promotes physical activity and heart-healthy living in a fun family environment. Contact AHA today to create a company team, become a sponsor of a community, or even have your own company area at the Start! Heart Walk signature event.
- ✓ **Go Red for Women:** Join with thousands of women, companies and organizations and cities across America. Too few people realize that heart disease is the No. 1 killer of women (and men), but the good news is heart disease can often be prevented.
- ✓ **Hands-Only CPR: An initiative that can help save more lives:**
  - It's not normal to see an adult suddenly collapse, but if you do, call 911 and push hard and fast in the center of the chest. Don't be afraid. Your actions can only help.
- ✓ **Operation Heartbeat:** aims to increase public awareness and support for emergency care.
- ✓ **Cholesterol Low Down:** offers information about high cholesterol and heart disease, as well as ongoing encouragement and support to help people reach their goals.
- ✓ **Heart at Work Online:** is a worksite health promotion program that enables a worksite coordinator to easily conduct health promotion activities that inspire employees and their families to lower their risk of heart disease and stroke.
- ✓ **Heart of Diabetes:** Understanding Insulin Resistance is a national education and awareness campaign targeting people with type 2 diabetes, insulin resistance and related cardiovascular risks.
- ✓ **Power to End Stroke:** a campaign to heighten the awareness and impact of stroke in the African American community.



*San Antonio Office  
8415 Wurzbach Road  
San Antonio, TX 78229  
210-617-2600*